

ABSTRACT OF THE DISCLOSURE

There is disclosed an information recording medium comprising a guide groove for recording/reproducing information in an information recording region, the  
5 information is formed as a recorded mark both in concave and convex portions of the guide groove, management information including address information is recorded by a wobble of the guide groove, and the wobble is formed in such a manner that an offset of  
10 a reproducing signal of the recorded mark generated by the wobble of the guide groove is 5.5% or less of an amplitude of the reproducing signal.